My Symptom & Trigger Log

Gentle notes to bring to your doctor.

Patterns are so much easier to see on paper than to hold in a tired brain. Jot what you can, when you can, and bring it to the conversation.

My log

Date	What I noticed	What might have set it off	What helped

PAIRS WITH YOUR DOCTOR LETTER

Bring this alongside the letter from Module 7. Together they hand your physician a clear, kind starting point, so you do not have to find the words on a hard day.